Structuralism

Structuralism is a school of psychology that emerged in the late 19th century. It focused on the basic elements of human consciousness such as sensations, perceptions, and emotions.

1. Founded by Wilhelm Wundt: Structuralism was founded by German psychologist Wilhelm Wundt, who is considered the father of modern psychology.

2. Methodological approach: Structuralism is based on a methodological approach called introspection, which involves examining one's own conscious experience and reporting it in detail.

3. Basic elements of consciousness: Structuralists believed that the basic elements of consciousness could be broken down into sensations, feelings, and images.

4. Limitations: Structuralism had limitations as it was criticized for being too subjective, and its reliance on introspection made it difficult to generalize results.

5. Emphasis on objectivity: Structuralists emphasized objectivity and believed that psychology should be based on scientific principles and empirical evidence.

6. Role of the researcher: Structuralists saw the researcher's role as unbiased observer, who should work to measure and describe the basic elements of consciousness in a systematic way.

7. Legacy: Structuralism contributed to the emergence of cognitive psychology and neuroscience, and its focus on the analysis of mental processes has had a lasting impact on psychology as a field.

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Functionalism

Functionalism is a school of psychology that originated in the United States in the late 19th century. Its main proponents included William James, John Dewey, and James Rowland Angell.

Key details about functionalism include:

1. Focus on the practical uses of psychology: Functionalists emphasized the practical applications of psychology, particularly in helping people adapt to their environment.

2. Interest in mental processes: Functionalists were interested in understanding how mental processes (such as perception, thinking, and learning) helped people adapt to their environment.

3. Emphasis on individual differences: Functionalists recognized that each person had unique abilities, strengths, and weaknesses. They sought to understand these individual differences and how they impacted behavior.

4. Influence of evolution: Functionalists believed that behavior and mental processes had evolved over time to help humans adapt to their environment.

5. Experimental methodology: Functionalists used experimental methods to study mental processes and behavior. However, they were also interested in studying behavior in naturalistic settings, which led to the development of the field of applied psychology.

Behaviorism

Behaviorism is a school of thought in psychology that focuses on observable behavior and its relationship to the environment. Behaviorists believe that all behavior is learned through conditioning, which is a process of pairing stimuli with responses. There are two main types of conditioning: classical conditioning and operant conditioning.

classical conditioning-involves learning to associate two stimuli, such as a bell with food.

operant conditioning-involves learning to associate a behavior with a consequence, such as getting a treat for sitting.

Here are some of the key figures in the development of behaviorism:

John B. Watson (1878-1958): Watson is considered the founder of behaviorism. He argued that psychology should be the study of observable behavior, and that mental states such as thoughts and feelings were not subject to scientific study.

B.F. Skinner (1904-1990): Skinner was a leading figure in the development of operant conditioning. He argued that behavior is shaped by its consequences, and that reinforcement and punishment can be used to change behavior.

Ivan Pavlov (1849-1936): Pavlov was a Russian physiologist who conducted research on classical conditioning. He is best known for his work on the conditioned reflex, which is a learned association between two stimuli.

••Behaviorism has been criticized for being too simplistic and for ignoring the role of internal mental states in behavior

Psychoanalytic

Pychoanalytic psychology is a school of thought that emphasizes the importance of unconscious thoughts, feelings, and desires in shaping human behavior. It was founded by Sigmund Freud in the late 19th century, and has since been developed by other psychologists such as Carl Jung and Melanie Klein.

Freud believed that the human mind was composed of three elements: the id, ego, & superego

The id consists of primal urges.

The ego is the component of personality charged with dealing with reality.

The superego is the part of the personality that holds all the ideals and values we internalize from our parents and culture.

Other important theories within the psychoanalytic school included the idea of the conscious and unconscious, Freud's psychosexual approach to personality development, and the concept of life and death instincts.

Gestalt

Gestalt psychology emerged in Germany in the early 20th century.
- The word "Gestalt" means "shape" or "form" in German, and the school of psychology focuses on the way that people perceive and organize information into meaningful patterns or wholes.

- Gestalt theorists rejected the prevailing behaviorist and structuralist models of psychology, which emphasized analyzing parts of experience in isolation.

- According to Gestalt psychology, perception is not just a matter of combining sensory information; it involves innate organizing principles, such as grouping, proximity, similarity, and continuity.

- One famous Gestalt principle is the figure-ground relationship, which describes the way that people distinguish a central object or figure from its background.

- Gestalt psychology had a significant impact on the field of cognitive psychology, as well as other areas such as education, art, and design.

Humanistic

Humanistic psychology developed as a response to psychoanalysis and behaviorism. The development of this school of thought in psychology was heavily influenced by the work of humanist thinkers such as Abraham Maslow, Carl Rogers, and Clark Moustakas.

Humanistic psychology is a reaction to the two main schools of psychology that were popular in the early 20th century: behaviorism and psychoanalysis.

Some of the key concepts in humanistic psychology include:

Self-actualization: The process of becoming the best possible version of oneself.

Maslow's hierarchy of needs: A theory that suggests that people are motivated to fulfill their basic needs before they can move on to higher-level needs, such as self-actualization.

Rogers's theory of personality: A theory that suggests that people are born with a positive core and that their personality develops based on their experiences.

Existentialism: A philosophy that emphasizes the individual's freedom and responsibility to create their own meaning .

Cognitive

Cognitive psychology emerged during the 1950s, partly as a response to behaviorism. Critics of behaviorism noted that it failed to account for how internal processes impacted behavior
Cognitive psychology is a school of psychology that studies the mental processes involved in thinking, learning, remembering, and understanding. It is concerned with the internal mental activities that people engage in, such as attention, perception, memory, language, problem solving, and decision making
.Here are some of the key concepts in cognitive psychology:

Attention: The process of selecting and focusing on relevant information.

Perception: The process of interpreting and understanding sensory information.

Memory: The process of storing and retrieving information.

Language: The system of communication that allows people to express their thoughts and ideas.

Problem solving: The process of finding a solution to a problem.

Decision making: The process of choosing between two or more options.